

Statistics Report 19235, Puddings, chocolate, ready-to-eat, fat free

Report Date: October 08, 2015 11:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	76.23	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Energy	kcal	93	--	3.849	88	101	2.0	76.663	109.782	1	Calculated from nutrient label by NDL	--	11/2006
Energy	kJ	390	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	12/2006
Protein	g	1.93	--	0.084	1.76	2.02	2.0	1.57	2.293	1	Calculated from nutrient label by NDL	--	11/2006
Total lipid (fat)	g	0.30	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Ash	g	0.70	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Carbohydrate, by difference	g	20.87	--	0.652	20.16	22.17	2.0	18.065	23.675	1	Calculated from nutrient label by NDL	--	11/2006
Fiber, total dietary	g	0.3	--	0.294	0	0.9	2.0	-0.971	1.559	1	Calculated from nutrient label by NDL	--	11/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sugars, total	g	15.75	--	0.694	14.99	17.13	2.0	12.762	18.732	1	Calculated from nutrient label by NDL	--	12/2006
Minerals													
Calcium, Ca	mg	39	--	17.688	4	60	2.0	-36.968	115.241	1	Calculated from nutrient label by NDL	--	11/2006
Iron, Fe	mg	1.69	--	1.176	0.32	4.03	2.0	-3.368	6.751	1	Calculated from nutrient label by NDL	--	11/2006
Magnesium, Mg	mg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Phosphorus, P	mg	54	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Potassium, K	mg	208	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Sodium, Na	mg	154	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2013
Zinc, Zn	mg	0.30	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Copper, Cu	mg	0.083	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Manganese, Mn	mg	0.078	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Selenium, Se	µg	1.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	0.000	0	0	2.0	--	--	1	Calculated from nutrient label by NDL	--	11/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.018	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Riboflavin	mg	0.074	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Niacin	mg	0.087	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Pantothenic acid	mg	0.148	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-6	mg	0.016	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Folate, total	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Folate, food	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Folate, DFE	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	7.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12	µg	0.15	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Vitamin A, IU	IU	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin K (phylloquinone)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Lipids													
Fatty acids, total saturated	g	0.000	--	0.000	0	0	2.0	--	--	1	Calculated from nutrient label by NDL	--	12/2006
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
16:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
18:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Fatty acids, total monounsaturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Fatty acids, total polyunsaturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:2 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Cholesterol	mg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Caffeine	mg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Theobromine	mg	53	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006